

Daily Schedule				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>8:00 &:8:30 Walking Workout-Room 201</p> <p>9:00 Chair Yoga -Room 208B</p> <p>9-11 Ping Pong-Room 202</p> <p>9:00 Morning Workout – Room 201</p> <p>10-10:30 Zumba Room 201</p> <p>10:30-Stronger Seniors Room 208B</p> <p>11:30 am-2:30pm Charity Quilting Group Rm 211</p> <p>1-3 Oil Painting Class-\$5/Mo. -Room 215</p> <p>1:00 Beginner Bridge Room 212-Min 4 required</p> <p>1:00-4:00 Karaoke Ballroom –Room 216</p> <p>1:30 Stronger Seniors - Room 208A</p> <p>2:30 Chair Balance & Posture – Room 208A</p> <p>2pm- Pinochle - Room 202</p> <p>2:30 Blood Pressure Clinic – Social Room (217)</p> <p>5:15-- Evening Workout Room 208 (Movie Room)</p> <p>5:00-7:30 Ping Pong- Room 202</p>	<p>8:00 & 8:30 Walking Workout Room 201</p> <p>9:00- Free Prize BINGO - Ballroom Room 216</p> <p>9:00 Morning Workout -Room 201</p> <p>9:00-Chair Pilates Core Workout –208B</p> <p>9:30-11:30 Non-Beginner Computer Class – Room 202</p> <p>10:00 Keep In Step with Stella Beginner Step - Room 201</p> <p>10:30-Stronger Seniors Room 208B</p> <p>1:00- NON DENOMINATIONAL BIBLE STUDY Room 204</p> <p>1:30 Line Dancing Ballroom 216</p> <p>1:30 Stronger Seniors- &</p> <p>2:30 Chair Balance & Posture – Room 208A</p> <p>2:30 Hand & Foot-Room 217</p> <p>3-5 pm Karaoke Room 216</p> <p>3-5:00 Watercolor/Drawing Class Room 215 -\$10 per month</p> <p>5:15-Evening Workout Room 208B (Movie Room)</p>	<p>8:00 &-8:30 walking workout –Room 201</p> <p>8:45-10:15 TOPS -Room 212 cost: \$32/YEAR</p> <p>9:00 Chair Yoga -Room 208B</p> <p>9-11 Ping Pong -Room 202</p> <p>9:00 Morning Workout – (Pilates) Room 201</p> <p>10-10:30 Zumba-Room 201</p> <p>10:30 Stronger Seniors Room 208B</p> <p>12-2:00 Stained Glass-\$10/Project Room 215</p> <p>1-4 Bridge Room 212</p> <p>1-3 C& W Dance Ballroom 216</p> <p>1:30 Stronger Seniors 208A</p> <p>2:30 Chair Balance & Posture – Room 208A</p> <p>3-5 Texas Hold'em Room 202</p> <p>3:30-5:00 Line Dancing – Ballroom</p> <p>5:15- Evening Workout Room 208 (Movie Room)</p>	<p>8:00 & 8:30 Walking Workout-Room 201</p> <p>9:00 Morning Workout Nothing But Cardio– Room 201</p> <p>9:00-Chair Pilates Core Workout –208B</p> <p>9:30-11:30 Beginner Computer Pre-registration Required!- Room 202</p> <p>10:00 Balance & Stretch Workout- Room 201</p> <p>10-3 Bridge Room 212</p> <p>10:30 Stronger Seniors Room 208B</p> <p>10:30-11:30 Stitching Room 215 (art room)</p> <p>11:30-2:30 Charity Quilting Group -Room 2 11</p> <p>1:30 Stronger Seniors-Room 208A</p> <p>2:30 Chair Balance & Posture – Room 208A</p> <p>1:30-4:00 Karaoke Room 216</p> <p>4:30-5:30pm Line Dancing – Ballroom (216)</p> <p>5:15 –Evening Workout-Room 208 (Movie Room)</p> <p>5:00-7:30 Ping-Pong Room 202</p>	<p>8:00 & 8:30-Walking workout -Room 201</p> <p>9-11 Ping Pong -Room 202</p> <p>9:00 Free Prize Bingo – Room 216</p> <p>9:00 Chair Yoga -Room 208B</p> <p>9:00 Morning Workout Room 201</p> <p>10:00 Keep In Step with Stella Beginner Step - Room 201</p> <p>10:30 Stronger Seniors Room 208B</p> <p>1:00 Open Bridge Play Room 212</p> <p>1:30 Movie- Room 208B</p> <p>2:00 Cash Bingo Room 216</p> <p>5:00 Movie- Room 208B</p> <p>7-10 Live Band Dance \$6 person (\$1 discount with valid membership card) – Ballroom 216</p> <p>Check the Calendar for Scheduled Band</p>

August Special Events Calendar				
Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1.</p> <p>Free Bingo 9-10-Best Care Home Health</p> <p>10:30 am Birthday Brunch</p>	<p>2.</p> <p>CW Dance</p> <p>1-3 pm- Ballroom</p>	<p>3.</p>	<p>4.</p> <p>FREE BINGO Sponsored by: Advance</p> <p>Live Band Dance 7-10 pm Ballroom- 216</p> <p>Rusty Nail Band</p>
<p>7.</p> <p>2:30 Blood Pressure Clinic- Beyond Faith Home Health-Room 217</p>	<p>8.</p> <p>Free Bingo 9-10-Hospice of WF & Sr. Care Health & Rehab</p> <p>55 Advantage Dinner-MPEC 4-6pm</p>	<p>9.</p> <p>CW Dance Snacks</p> <p>By : Senior Care Health & Rehab</p> <p>1-3 pm- Ballroom</p> <p>Poker Tourn. 12-4</p>	<p>10.</p>	<p>11</p> <p>FREE BINGO 9 am Sponsored By: Sheridan Medical Lodge</p> <p>Dance Snack Sponsor – Royal Estates</p> <p>7-10 pm -Ballroom- 216</p> <p>Lone Star Troubadours</p>
<p>14.</p> <p>2:30 Blood Pressure Clinic-Angels Care Home Health-Room 217</p>	<p>15.</p> <p>Free Bingo 9-10-Best Care Home Health</p>	<p>16.</p> <p>CW Dance</p> <p>1-3 pm- Ballroom</p>	<p>17.</p>	<p>18.</p> <p>FREE BINGO 9 am Sponsored BY: Amerigroup RealSolutions</p> <p>Live Band Dance-7-10 pm - Ballroom- 216</p> <p>Rusty Nail Band</p>
<p>21.</p> <p>2:30 Blood Pressure Clinic- Beyond Faith Home Health-Room 217</p>	<p>22.</p> <p>Free Bingo 9-10-Hospice of Wichita Falls & Senior Care Health & Rehab</p> <p>AARP Lunch & Meeting 11am</p>	<p>23.</p> <p>CW Dance</p> <p>1-3 pm- Ballroom</p>	<p>24.</p>	<p>25.</p> <p>FREE BINGO 9 am Sponsored By: Midwestern Healthcare Center</p> <p>Live Band Dance7-10 pm - Ballroom- 216</p> <p>Red Door Band</p>
<p>28.</p> <p>2:30 Blood Pressure Clinic-Angels Care Home Health-Room 217</p>	<p>29.</p> <p>FREE BINGO 9 am Sponsored By: Horizon Bay</p>	<p>30.</p> <p>CW Dance</p> <p>1-3 pm- Ballroom</p>	<p>31.</p>	